

## School-based tobacco prevention programs

Benefit-cost estimates updated June 2016. Literature review updated December 2014.

Current estimates replace old estimates. Numbers will change over time as a result of model inputs and monetization methods.

The WSIPP benefit-cost analysis examines, on an apples-to-apples basis, the monetary value of programs or policies to determine whether the benefits from the program exceed its costs. WSIPP's research approach to identifying evidence-based programs and policies has three main steps. First, we determine "what works" (and what does not work) to improve outcomes using a statistical technique called meta-analysis. Second, we calculate whether the benefits of a program exceed its costs. Third, we estimate the risk of investing in a program by testing the sensitivity of our results. For more detail on our methods, see our [Technical Documentation](#).

Program Description: School-based tobacco prevention programs have curricula specifically designed for tobacco prevention and cessation. These programs aim to increase students' peer pressure resistance skills, instruct about the health and social consequences of tobacco use, and often teach students to decipher pro-tobacco media messaging. Two name-brand programs included in this meta-analysis were Project Towards No Tobacco Use and Project SHOUT (Students Helping Others Understand Tobacco). Both programs are targeted toward middle school students and are delivered in 12-18 classroom sessions.

### Benefit-Cost Summary Statistics Per Participant

#### Benefits to:

Taxpayers	\$1,204	Benefit to cost ratio	\$74.88
Participants	\$2,076	Benefits minus costs	\$4,657
Others	\$1,350	Chance the program will produce	
Indirect	\$90	benefits greater than the costs	99 %
<u>Total benefits</u>	<u>\$4,720</u>		
<u>Net program cost</u>	<u>(\$63)</u>		
Benefits minus cost	\$4,657		

The estimates shown are present value, life cycle benefits and costs. All dollars are expressed in the base year chosen for this analysis (2015). The chance the benefits exceed the costs are derived from a Monte Carlo risk analysis. The details on this, as well as the economic discount rates and other relevant parameters are described in our [Technical Documentation](#).

## Detailed Monetary Benefit Estimates Per Participant

### Benefits from changes to:<sup>1</sup>

### Benefits to:

	Participants	Taxpayers	Others <sup>2</sup>	Indirect <sup>3</sup>	Total
Labor market earnings associated with high school graduation	\$2,117	\$961	\$972	\$0	\$4,050
Health care associated with smoking	\$112	\$344	\$426	\$172	\$1,053
Costs of higher education	(\$153)	(\$101)	(\$47)	(\$51)	(\$352)
Adjustment for deadweight cost of program	\$0	\$0	\$0	(\$32)	(\$31)
<b>Totals</b>	<b>\$2,076</b>	<b>\$1,204</b>	<b>\$1,350</b>	<b>\$90</b>	<b>\$4,720</b>

<sup>1</sup>In addition to the outcomes measured in the meta-analysis table, WSIPP measures benefits and costs estimated from other outcomes associated with those reported in the evaluation literature. For example, empirical research demonstrates that high school graduation leads to reduced crime. These associated measures provide a more complete picture of the detailed costs and benefits of the program.

<sup>2</sup>"Others" includes benefits to people other than taxpayers and participants. Depending on the program, it could include reductions in crime victimization, the economic benefits from a more educated workforce, and the benefits from employer-paid health insurance.

<sup>3</sup>"Indirect benefits" includes estimates of the net changes in the value of a statistical life and net changes in the deadweight costs of taxation.

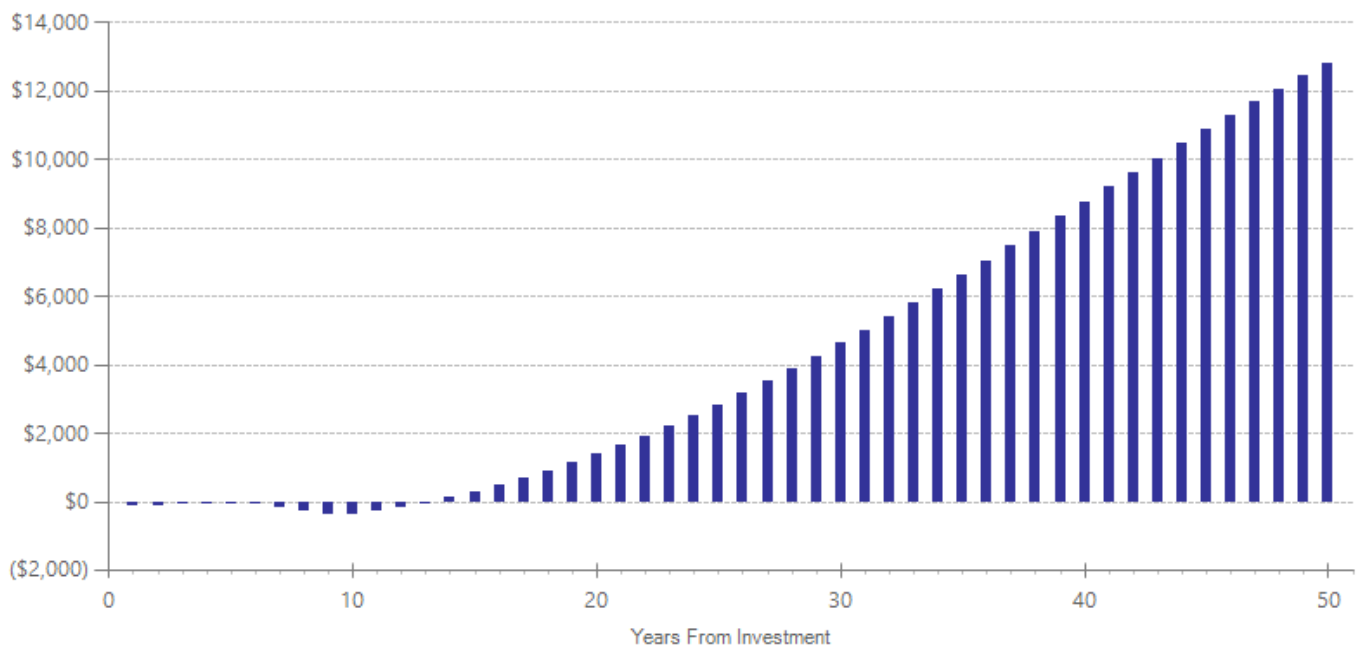
## Detailed Annual Cost Estimates Per Participant

	Annual cost	Year dollars	Summary	
Program costs	\$63	2014	Present value of net program costs (in 2015 dollars)	(\$63)
Comparison costs	\$0	2014	Cost range (+ or -)	10 %

Although these programs often spread delivery over two school years, with a set of core sessions in the first year and a set of "booster" sessions in the second, our costs assume all sessions are delivered in a single year. We constructed a per-student cost by first computing estimates for Project TNT and Project SHOUT, based on components reported by the National Registry of Evidence-based Programs and Practices (TNT: <http://legacy.nreppadmin.net/ViewIntervention.aspx?id=157>) and Sociometrics (SHOUT: <http://www.socio.com/ysa08.php>). We then computed a simple average of the cost of the two programs. Costs include materials, training, and teacher time for program delivery.

The figures shown are estimates of the costs to implement programs in Washington. The comparison group costs reflect either no treatment or treatment as usual, depending on how effect sizes were calculated in the meta-analysis. The cost range reported above reflects potential variation or uncertainty in the cost estimate; more detail can be found in our [Technical Documentation](#).

## Detailed Annual Cost Estimates Per Participant



The graph above illustrates the estimated cumulative net benefits per-participant for the first fifty years beyond the initial investment in the program. We present these cash flows in non-discounted dollars to simplify the “break-even” point from a budgeting perspective. If the dollars are negative (bars below \$0 line), the cumulative benefits do not outweigh the cost of the program up to that point in time. The program breaks even when the dollars reach \$0. At this point, the total benefits to participants, taxpayers, and others, are equal to the cost of the program. If the dollars are above \$0, the benefits of the program exceed the initial investment.

Meta-Analysis of Program Effects										
Outcomes measured	No. of effect sizes	Treatment N	Adjusted effect sizes and standard errors used in the benefit-cost analysis						Unadjusted effect size (random effects model)	
			First time ES is estimated			Second time ES is estimated				
			ES	SE	Age	ES	SE	Age	ES	p-value
Smoking in high school	2	2536	-0.171	0.076	14	-0.171	0.076	18	-0.171	0.025

Meta-analysis is a statistical method to combine the results from separate studies on a program, policy, or topic in order to estimate its effect on an outcome. WSIPP systematically evaluates all credible evaluations we can locate on each topic. The outcomes measured are the types of program impacts that were measured in the research literature (for example, crime or educational attainment). Treatment N represents the total number of individuals or units in the treatment group across the included studies.

An effect size (ES) is a standard metric that summarizes the degree to which a program or policy affects a measured outcome. If the effect size is positive, the outcome increases. If the effect size is negative, the outcome decreases.

Adjusted effect sizes are used to calculate the benefits from our benefit cost model. WSIPP may adjust effect sizes based on methodological characteristics of the study. For example, we may adjust effect sizes when a study has a weak research design or when the program developer is involved in the research. The magnitude of these adjustments varies depending on the topic area.

WSIPP may also adjust the second ES measurement. Research shows the magnitude of some effect sizes decrease over time. For those effect sizes, we estimate outcome-based adjustments which we apply between the first time ES is estimated and the second time ES is estimated. We also report the unadjusted effect size to show the effect sizes before any adjustments have been made. More details about these adjustments can be found in our [Technical Documentation](#).

## Citations Used in the Meta-Analysis

- Dent, C.W., Sussman, S., Stacy, A.W., Craig, S., Burton, D., & Flay, B.R. (1995). Two-year behavior outcomes of Project Towards No Tobacco Use. *Journal of Consulting and Clinical Psychology*, 63(4), 676-677.
- Elder, J.P., Wildey, M., de Moor, C., Sallis, J.F., Eckhardt, L., Edwards, C., . . . Woodruff, S.I. (1993). The long-term prevention of tobacco use among junior high school students: Classroom and telephone interventions. *American Journal of Public Health*, 83(9), 1239-1244.

For further information, contact:  
(360) 664-9800, [institute@wsipp.wa.gov](mailto:institute@wsipp.wa.gov)

Printed on 12-21-2016



## Washington State Institute for Public Policy

The Washington State Legislature created the Washington State Institute for Public Policy in 1983. A Board of Directors-representing the legislature, the governor, and public universities-governs WSIPP and guides the development of all activities. WSIPP's mission is to carry out practical research, at legislative direction, on issues of importance to Washington State.